

Health Educator Workshop
2019
Session Schedule and Descriptions

Room 114

Time: 9:00-9:50

Title: Beyond Trimble's Muffins- first peek and feedback on new OSPI Developed Nutrition Assessments

Presenter: Ken Turner

Description: Stop in and check out the re-written CBA for nutrition. Share your thoughts and feedback as we update our classroom based assessments to better check for student understanding. The more feedback we have, the stronger the assessment.

Time: 10:00-10:50

Title: The Dish on Nutrition and Free Resources

Presenter: Brianne Kappel-Dairy Council of WA

Description: Every year the WA state Dairy Council provides \$25 of free resources to all WA nutrition educators. Join in on the fun as we explore turn-key curriculum, tools and activities that teach to the health and physical activity standards, focus on local Washington foods and tell our farm to table story. Leave with free resources, ideas and excitement to make nutrition and wellness come alive in your classrooms.

Time: 11:00-11:50

Title: Dove Self Esteem Project

Presenter: Kylie Pybus

Description: This is an interactive session that will introduce the free "Dove Confident Me" Program, designed for students ages 10 - 14 and builds skills to enhance self-esteem. This is a free and research-based program built on National Health Education Standards. You will leave this session with the revised six sessions covering the main themes of Appearance Ideals, Competing and Comparing Looks, Media and Celebrities, Body Talk, and Being the Change. Participants will receive a thumb drive with the curriculum and all materials needed to deliver the program.

Lunch: 12:00-12:50

Time: 1:00-1:50

Title: Trends, Myths and Facts – Navigate Through Today’s Nutrition Information Overload

Presenter: Brianne Kappel - Dairy Council

Description: Do you suffer from nutrition information overload anxiety? With so much information available at our fingertips, some might refer to it as infobesity. Let’s discuss the latest in nutrition and wellness trends while we dispel myths and confirm facts. Leave with up to date and relevant knowledge for teaching and sharing with your peers and free nutrition education resources.

Time: 2:00-2:50

Title: Creating Health Fairs Within your Classroom

Presenter: Allie Allen, Tommy Chambers, Caitlin Grimm, Ellie Serrano, Sam Strassberg, Sara Summerford, & Judy Beard

Description: Want to try to spice up student presentations? Looking to build a more skills based environment? Have you thought of hosting a “health fair”? If not, come learn how to implement a health fair for students at the secondary level. You will not only learn strategies for success in this presentation, but you will also experience the health fair environment.

Time: 3:00-3:50

Title: Stress Management & Resilience

Presenter: Doug Fulp

Description: Learn stress management techniques like time and schedule management, mindfulness and meditation, and self-care. Learn how laughter can reduce stress and build resilience and actually increase positive health outcomes. Participants will be able to identify stress triggers in their own lives and will feel confident in their ability to incorporate one mindfulness activity into their own lives.

Room 201

Time: 9:00-9:50

Title: Teaching Social Emotional Learning: The Why and How of SEL

Presenter: Dr. Terri Farrar and Elijah Hurt



SPU's HHealth Fitness Endorsement Program

The SPU Health Fitness Endorsement offers cutting edge training to educators as they empower their students to live active, healthy lives. This self-paced program offers a flexible schedule and a blend of online and hands-on learning.

**courses open for
Summer 2019:**

PES 5051: Foundations and Methods of Teaching Health Fitness

PES 5075: Alternative Sports and Games for Regular and Special Populations

PES 5067: Teaching Health and Wellness

PES 5070: Strategies for Teaching Strength Training

PES 5065: Scientific Application

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Description: This session will present teachers with a basic understanding of what Social Emotional Learning (SEL) is and how to help students develop skills to manage their emotions, understand and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Students who learn and interact in a Social Emotional Learning environment tend to have better academic performance, improved behavior, and reduced emotional distress. Participants will be given concepts on how to teach SEL and will be shown various K-8 lesson ideas on how to implement SEL into their classroom. Lessons will be aligned to the Washington State Health Education K-12 Learning Standards and Outcomes.

Time: 10:00-10:50

Title: Detoxify Your Life

Presenter: Kay Cee Lowe

Description: Do you know what is in the many household cleaners so many of us use? Do you know the environmental that each product has? Let's take some time to analyze popular products and the ingredients in each. From there, we can analyze and weigh the risks and rewards, both to our health and environment.

Time: 11:00-11:50

Title: The Mindful Student

Presenter: John Graf

Description: Increased focus, decreased anxiety and promoting a kind, compassionate school culture are just a few of the reasons why schools across the country are choosing to infuse mindfulness into their school day. In this highly interactive workshop, you will learn how to integrate breathing techniques, community building activities and short mindfulness practices into your K-12 setting. Leave with 10+ activities that build strong hearts, mind and bodies, based on the latest research in trauma, mindfulness and positive psychology. Participants will:

- Understand how the brain and body respond to stress/trauma.
 - Explore cutting-edge teaching strategies and interventions based on the latest research in neuroscience, trauma and mindfulness.
 - Experience mindfulness activities that help students practice self-regulation, focus and kindness.
 - Understand and practice the Regulate, Connect, Reflect Framework.
 - Develop a plan to immediately integrate mindfulness into your K-12 setting.
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Lunch: 12:00-12:50

Time: 1:00-1:50

Title: Strategies to Boost Social-Emotional Learning Opportunities in Your Classroom

Presenter: Hillary Franks

Description: When educating the whole child their social and emotional development should be considered as a part of overall instruction. Social-Emotional Learning provides students the ability to acquire and apply knowledge, attitudes, and skills necessary to manage emotions, set and achieve goals, show empathy, establish and maintain positive relationships, and make responsible decisions that support success in school and in life. Find out what SEL is all about and how you can incorporate strategies into your classroom!

Time: 2:00-2:50

Title: Our Drug Culture

Presenter: Dave Scattergood

Description: Current drug use statistics, the societal and health consequences of usage, strategies for helping kids stay off drugs and the current status of Marijuana laws throughout the Country will be covered. Free educational materials will be highlighted and available, including excerpts from the award winning “The Truth about Drugs documentary.”

Time: 3:00-3:50

Title: Structuring Engaging Classroom Discussions

Presenter: Nick Washburn

Description: As a health educator, have you ever posed a question to the class and felt like you were dragging an anvil to keep the discussion going? This pedagogically-focused session will introduce new ways of structuring class discussions to boost student engagement and promote thoughtful discourse.

Room 205

Time: 9:00-9:50

Title: Building Leaders

Presenter: Crystal Church

Description: In 2018, Crystal declared a dream to take her leadership to the next level through a life altering emotional intelligence leadership training at Ascension Leadership Academy. It was through this experience that Dreamweaver Consulting was born. Dreamweaver is a consultancy service that utilizes all of her life experiences and allows Crystal to share her gifts of weaving dreams into reality. Crystal has created a system where dreams are called forth, lived out, and brought into existence. Dreamweaver is about creating powerful lives where dreams are discovered and embraced. It all begins with true leadership. Leadership elicits cooperation with others, where people want to come on board.

Time: 10:00-10:50

Title: Nutrition, Health and Athletic Performance

Presenter: Dr. Kelly Pritchett & Zella Hanson

Description: Optimal nutrition is fundamental for enhancing training, recovery and performance in sport. Therefore, research has aimed to determine the efficacy of appropriate intake of nutrients, fluids, and supplements and their role in exercise performance. The goal of this workshop entitled “Nutrition, Health and Athletic Performance” is to highlight recent advances in sports nutrition, and to provide evidence-based recommendations regarding nutrient intake and supplementation for the high school athlete.

Time: 11:00-11:50

Title: Nutritional Strategies for Optimizing Strength Training Adaptations

Presenter: Brian McGladrey

Description: Student-athletes, both younger and older, devote time and effort to realizing benefits associated with strength (resistance) training. However, these potential benefits (e.g., strength, hypertrophy, etc.) are compromised when proper attention is not given to food consumption decisions. Therefore, the purpose of this session is to provide educators and coaches with strategies for assisting their student-athletes in making nutrition decisions that will optimize adaptations resulting from engaging in a strength-training program.

Lunch: 12:00-12:50

Time: 1:00-1:50

Title: Courageous Vulnerability: Cultivate Connection, Dismantle Shame, and Instill Bravery as you Lead

Presenter: Jillian DeBritz

Description: Vulnerability is the key to relational connection, and it is required to create a culture of safety, healthy risk-taking, and resilience. Whether in the classroom, on a team, or within a school, authentic relationships between students and staff (and among peers) not only provide protection from negative health behaviors (i.e. drug use, violence, suicide), but also inspire creativity, innovation, and learning. During this interactive session, we will discuss the benefits and requirements of vulnerability and offer practical implications for your leadership in the classroom and beyond.

Time: 2:00-2:50

Title: Gender Identity Comes to School

Presenter: Caitlyn Cray

Description: Join me for a lively mini-lesson on the genetics and embryology from which human sex and gender emerge and a concise primer on Washington law and OSPI guidance around gender expansive people in public schools. During the second half of the session, you'll talk with colleagues to figure out how to modify oft-times gendered scenarios so all students are included and respected : e.g. quickly dividing a large group of students without using gender; Homecoming Court; Graduation cap and gown colors, bathroom and locker room use; etc.

Time: 3:00-3:50

Title: Substance Use and Abuse Prevention Strategies for Teaching Health

Presenter: Mark Perez & CWU Students

Description: This session will provide participants with a plethora of teaching ideas, classroom activities, and affective grabbers that may be implemented into a Substance Use and Abuse unit. Ideas for subtopics such as addiction, tobacco use, marijuana, alcohol, prescription drugs, designer drugs, and many others will be shared in a hands-on and interactive manner. Participants will come away with activities they can use the next day in health class that are tied to the National Health Education Standards, as well as to the Washington State Health Education standards.

Room 208

Time: 9:00-9:50

Title: The Values Question Protocol

Presenter: Lori Dils

Description: The Values Question Protocol (VQP), developed by the authors of the FLASH curriculum, provides an easy-to-use process for answering values-based questions. While the VQP was developed for use in sexual health education, it is a helpful tool in a variety of content areas. Use of the VQP acknowledges the range of values that exist in a classroom or community in a respectful way that allows for safe and effective conversations about potentially controversial topics. An overview of the VQP will be provided, as well as an opportunity for practice and skill-building.

Time: 10:00-10:50

Title: Creating a Welcoming School Environment: Tools Leaders Need to Better Support Students Identifying as Transgender

Presenter: Ken Turner, OSPI

Description: How do I talk about this with my staff? Parents? This active presentation will lower the anxiety and offer tools to the School/District leader to support Transgender students. In a safe environment, participants will reflect on their current knowledge of LGBTQ issues and learn through several activities on how to support their school and district staffs on this current and critical topic. Participants will leave being able to replicate this training to their districts.

Time: 11:00-11:50

Title: The Road to Recovery

Presenter: Crystal Church

Description: Join Crystal where she shares about a challenging time in her life where she went down the slippery slope of addiction and struggled on and off with sobriety. Her academia suffered until she hit 'rock bottom' and committed to her recovery, and it was at this time where she completed Central Washington University with a degree in Community health education. In 2018, she celebrated 12 years of long-term recovery. Crystal has since worked in the substance abuse prevention field and currently runs an evidence-based mentor program in Ellensburg, WA

Lunch: 12:00-12:50

Time: 1:00-1:50

Title: Active Learning Strategies for Skills Based Health Education

Presenter: Derek Severson

Description: Come to this session to learn about how to infuse more activity into your skills based health curriculum. Not only will you learn new ways to teach to the health standards, but you will increase engagement and cognition by infusing active learning strategies. Be ready to learn and participate!

Time: 2:00-2:50

Title: Second Step: Possibly Your New Social/Emotional Curriculum

Presenter: Mark Perez, Maddy Ingraham & Jordon Crewse

Description: Participants will be able to learn how to implement the *Second Step* Social-Emotional Learning Program as part of a middle school health unit or as part of an Advisory Program within the school setting. Although Second Step also has Bullying Prevention and Child Protection units for PreK to 8th grade, the presentation will mainly focus on how to implement the Social-Emotional Program which focuses on skills and concepts that are designed to help students both in and out of school in the area of decision-making, handling strong emotions, and getting along with others. The session will also showcase how Central Washington University (CWU) Physical Education & School Health (PESH) majors have delivered this innovative and modern web-based curriculum, founded on the latest research in adolescent brain development and social psychology, to the local middle school in Ellensburg as part of their Health Practicum experience.

Time: 3:00-3:50

Title: Looking for Treasure? This is no Juul

Presenter: Grace Allphin and Justin Hudson

Description: Many are unaware of the dangers and draws of the E-cigarette and vaping “craze”. This presentation will outline just why vaping and e-cigarettes are so dangerous as well as the hidden messages promoting these catastrophic products.
